

without varying from the present invention.

What is claimed is:

## CLAIMS

1. A composition for suppressing appetite, substance cravings including nicotine, sweets, and chocolate, improving mood and energy comprising an effective amount of theobromine or a salt thereof and a pharmaceutically acceptable carrier.

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2. The composition of claim 1 wherein the effective amount of theobromine or a salt thereof is from 250 to 4000 mg.

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3. The composition of claim 1 wherein the effective amount of theobromine or a salt thereof is from about 250 to 2000 mg.

4. The composition of claim 1 further comprising an extract of *Rhodiola rosea* present at from about 50-1200 mg.

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5. The composition of claim 1 further comprising a compound selected from the group consisting of antioxidants, vitamins, minerals, fiber, chromium pyruvate, chromium sulfate, bioflavanoids, polyphenols, amino acids, memory promoters, nutritional supplements, herbal supplements, green tea, green tea extract, Yerba mate, Yerba mate extract, cocoa, cocoa extract, guarana seed, guarana seed extract, Citrus aurantium, Citrus aurantium extract, Damiana, Damiana extract, Schizonopeta spica, Schizonopeta spica extract, Kola nut, Kola nut extract, Coleus forskohli, Coleus forskohli extract, Panax ginseng, Panax ginseng extract, Rhodiola kirilowii, Rhodiola kirilowii, Rhodiola kirilowii extract, Ginger root, Ginger root extract,

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defatted Jojoba meal (*Simmondsia chinensis*), Jojoba meal extract, coenzyme Q10, L-carnitine, Acetyl-L-carnitine, choline, and combinations thereof.

6. The composition of claim 1 wherein the salts of theobromine are calcium, sodium,  
5 potassium, lithium, magnesium salts and combinations thereof.

7. The composition of claim 1 wherein theobromine or its salt is present at from 250 to  
4000 mg., and further comprising cacao, at from 20-80 mg., cinnamon bark powder at from 20-  
80 mg., and from 25-500 mcg of elemental chromium.

10 8. The composition of claim 7 wherein the chromium is selected from the group  
consisting of chromium sulfate, chloride, aspartate, picolinate, or polynicotinate and  
combinations thereof.

15 9. The composition of claim 1 wherein the composition is in the form selected from the  
group consisting of tablets, granules, powders, coated tablets, capsules, syrups, suspensions,  
solutions and emulsions.

20 10. A method for suppressing appetite, suppressing substance cravings, improving mood  
and energy in a human comprising administering to the human an effective amount of a  
formulation containing from 250 to 4000 mg. of theobromine.

11. The method of claim 10 wherein the formulation further comprises a pharmaceutically acceptable carrier.

12. The method of claim 10 wherein the formulation is administered in a unit or multi dose form.

13. The method of claim 10 wherein the formulation is administered at from 250-4000 mg. per day.

14. The method of claim 10 wherein the formulation is administered at from 3-100 mg/kg body weight per day.

15. The method of claim 10 further comprising co-administering *Rhodiola rosea* extract at from 50 to 600 mg.

16. The method of claim 10 further comprising a co-administering compound from the group consisting of antioxidants, vitamins, minerals, fiber, a chromium compound, bioflavonoids, polyphenols, amino acids, memory promoters, nutritional supplements, herbal supplements, coenzyme Q10, Acetyl-L-carnitine, choline and combinations thereof.

17. A method for increasing physical endurance while reducing muscle pain in a human undergoing physical exertion comprising administering to the human from 250 to 4000 mg. of theobromine and from 50 to 1200 mg. of *Rhodiola rosea* extract.

18. The method of claim 17 wherein the formulation further comprises a pharmaceutically acceptable carrier.

19. The method of claim 17 wherein the formulation is administered in a unit or multi dose form.

20. The method of claim 17 wherein the formulation is administered at from 250-4000 mg. per day.

21. The method of claim 17 wherein the formulation is administered at from 3-100 mg/kg body weight per day.

22. The method of claim 17 further comprising co-administering *Rhodiola rosea* extract at from 50 to 600 mg.

23. The method of claim 17 further comprising a co-administering compound from the group consisting of antioxidants, vitamins, minerals, fiber, a chromium compound, bioflavonoids, polyphenols, amino acids, memory promoters, nutritional supplements, herbal supplements, coenzyme Q10, Acetyl-L-carnitine, choline and combinations thereof.